

# Island Explorer Tour

The "White Gold" of Southern Thailand.



The mysterious ecology of the mangrove forests, discovered during a self-paddle trip by canoe



The old wooden houses of Lanta's former capital.



Thai-style lunch in a local restaurant



Afternoon break at Mu Koh Lanta National Park with time for relaxing or swimming



Visit the only orchid farm on Lanta.



All in one trip !  
For reservations  
please phone 01-2284213  
Price 1300 Baht per adult  
950 Baht per child

**South Nature Travel**  
111 Moo 2 Saladan Koh Lanta Krabi 81150 TAT Lic. No 31/0117

## Infrastructure

Since 1996 the island is connected to the electric power supply of the mainland and can be reached by car ferry. Until 1998, the district office was located in Si Raya village (Lanta Pier), but was then moved to a new building on Lanta Noi Island, opposite Saladan. A paved street connects Saladan with Lanta Pier and Sang Ga-U village, other roads are still without surface. Following the main street along the west coast, the first beach, where most resorts are located, is Khlong Dao Beach. Long Beach, Phra-Ae Beach, Khlong Khoang, Khlong Nin and Kantiang Beach follow southwards. The last one is Khlong Jak Bay, then the National Park area starts, that can be crossed on a street high above the cliffs until the light house at the southernmost tip is reached.

## Bank Office

there is only one branch of Siam City Bank at Saladan, that is open from Monday to Friday from 08:30 to 15:30. Besides money changing is possible at travel counters and hotel receptions. When changing traveller cheques or cashing money with your credit card you have to show your passport.

## What to do

Visitors interested in nature, should visit Lanta Orchid Nursery at Long Beach, for an interesting exhibition on Thailand's native orchids. Those more attracted by trekking can start for an easy 2-hours walk from Khlong Jak Bay along a stream through grasslands and rain forest to a small waterfall. The fall normally dries up between February and March. A local attraction are the Mai Kaeo Caves, situated above Khlong Nin Village. They have been discovered only recently when burning the forest in this area, but you should ask for a guide before starting for the 2-hours exploration.

## Beach

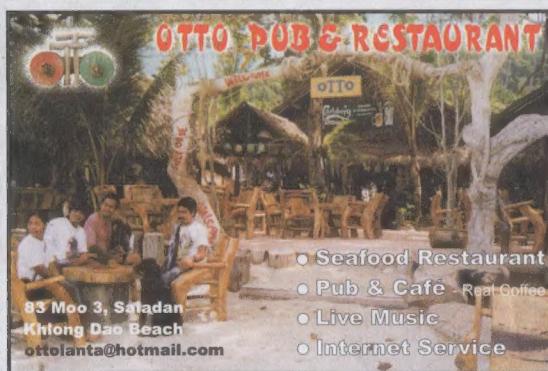
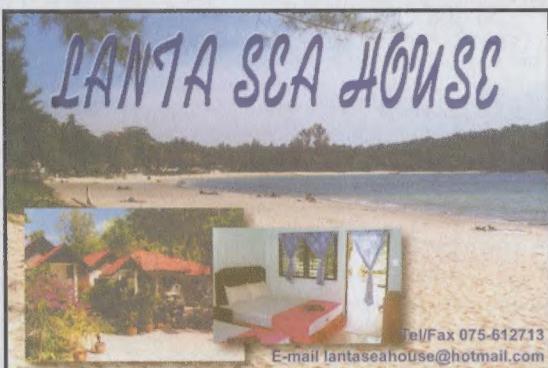
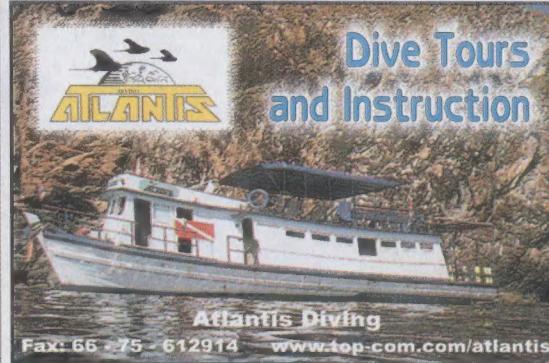
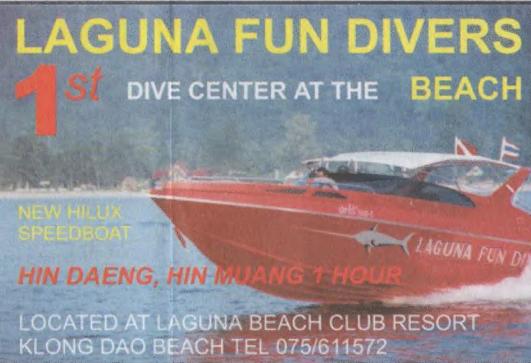
Keep yourself out of the sun during the first days of your holiday, stay in the shadow and use a sun lotion with high UV-protection. Even if you see others doing "it"..., please show respect for the Thai culture and do not (sun) bathe topless or naked in lakes, waterfalls at the beach or in the open sea.

## Doctors and Dentists

are available at Krabi Hospital, 325 Uttarakit Rd. Krabi Town Tel 075/611212 and 075/611228. Opening hours are from Monday to Friday from 08:00 to 15:00. Closed on Saturdays, but open on Sundays from 08:00 to 12:00. Medical expenses have to be paid in advance. Please ask for a receipt to have the possibility to ask for refund, when returning home.

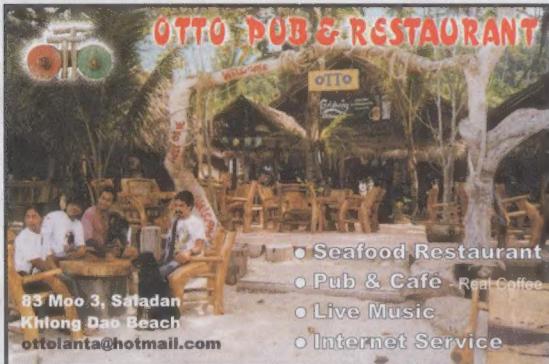
## Stamps

are sold at hotel receptions and at the post office. Airmail letters to Europe need approx. 5-10 days (do not forget to mark "Airmail" on envelopes or post cards).





142 Moo 3 Khlong Dao Beach  
Koh Lanta, Krabi  
Tel/Fax: (075) 621200 (01) 3972567

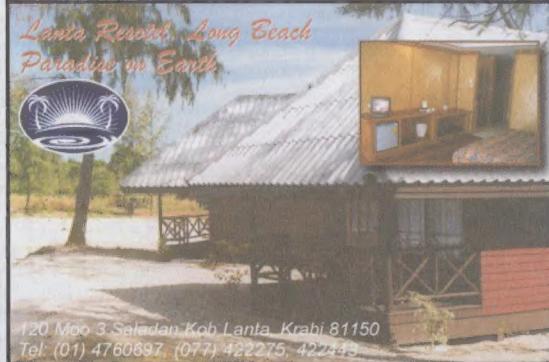


- Seafood Restaurant
- Pub & Café - Real Coffee
- Live Music
- Internet Service

83 Moo 3, Saladan  
Khlong Dao Beach  
otto.lanta@hotmail.com



72 Moo 2 Saladan, Koh Lanta  
Krabi 81150 Tel: (01) 4766357  
www.lanta.de/sayang



120 Moo 3 Saladan Koh Lanta, Krabi 81150  
Tel: (01) 4760897, (077) 422275, 422443

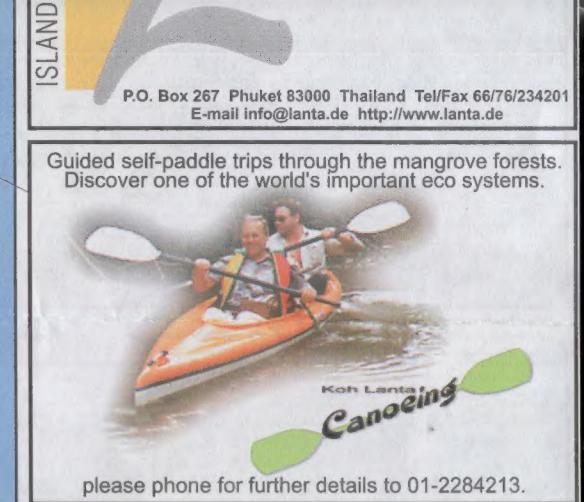


Last Horizon Resort  
Khlongkhong Beach

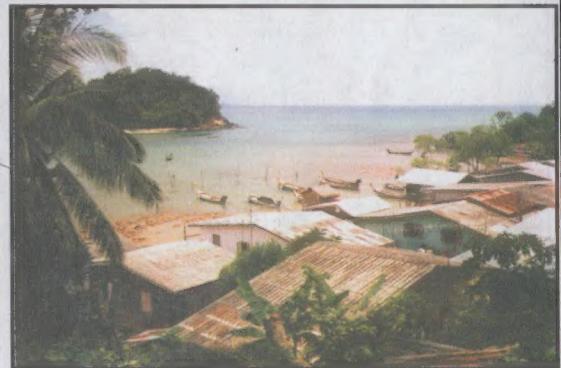
Tel: (01) 2283625  
http://www.lanta.de/lasthorizon  
E-mail: last Horizon@hotmail.com



## Map of Lanta Islands



please phone for further details to 01-2284213.



## Lanta Orchid Nursery

Lanta Long Beach Lanta Island Krabi 81150 Thailand

Native Orchids, Hybrids, Accessories

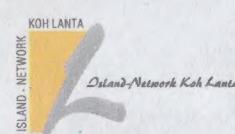


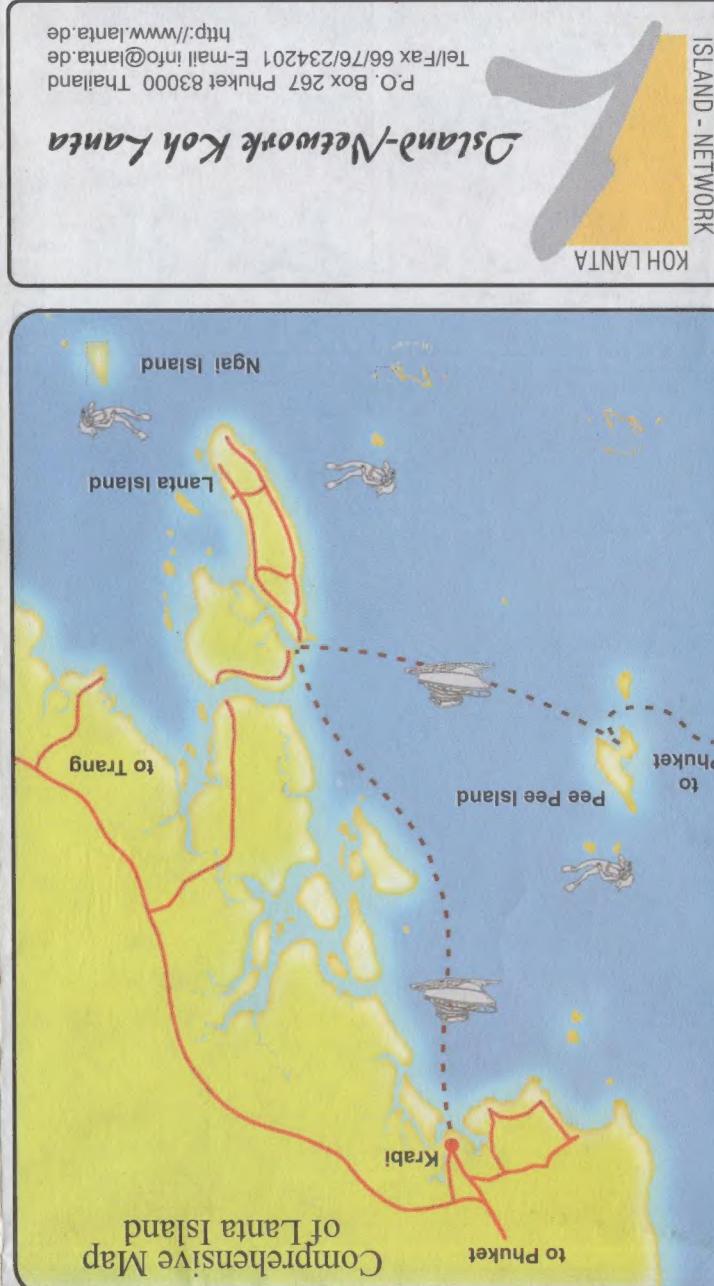
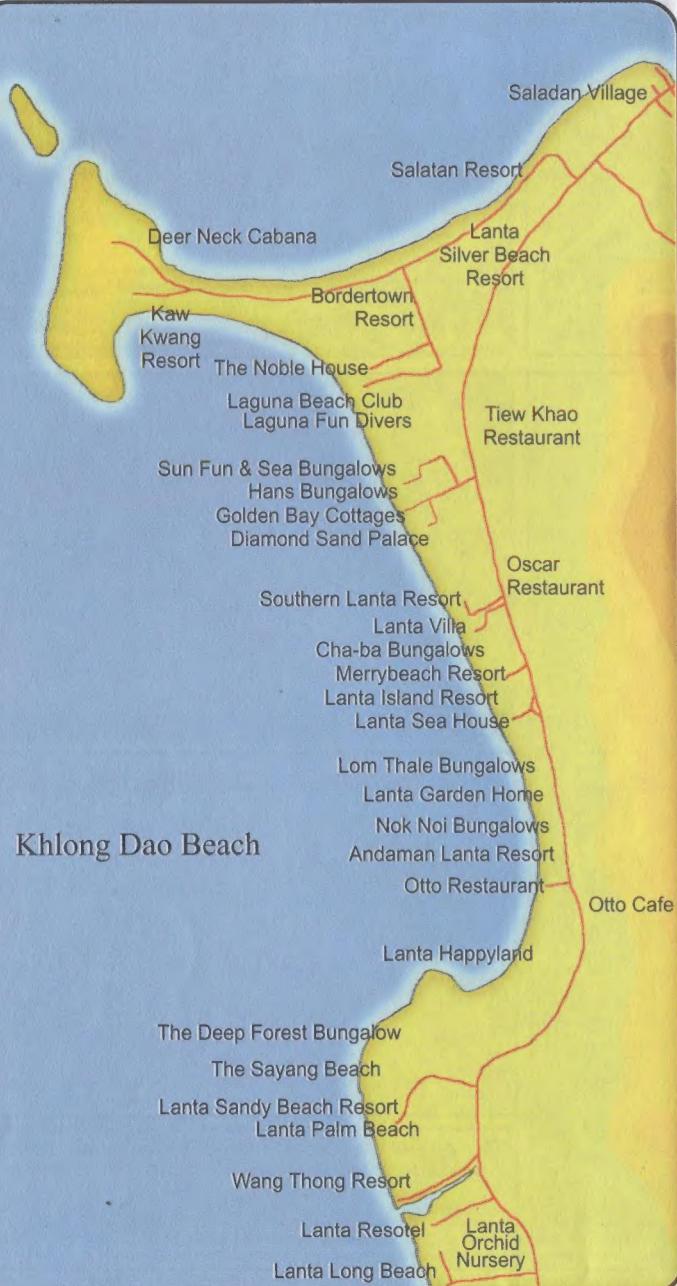
## Relax Bay Tropicana

111 Moo 2, Pha-Ae-Beach  
Koh Lanta  
Krabi 81150  
Tel.: 01/2284213  
www.lanta.de/relaxbay

For the latest information on resorts and activities on Lanta Island, please visit our homepage at

[www.lanta.de](http://www.lanta.de)

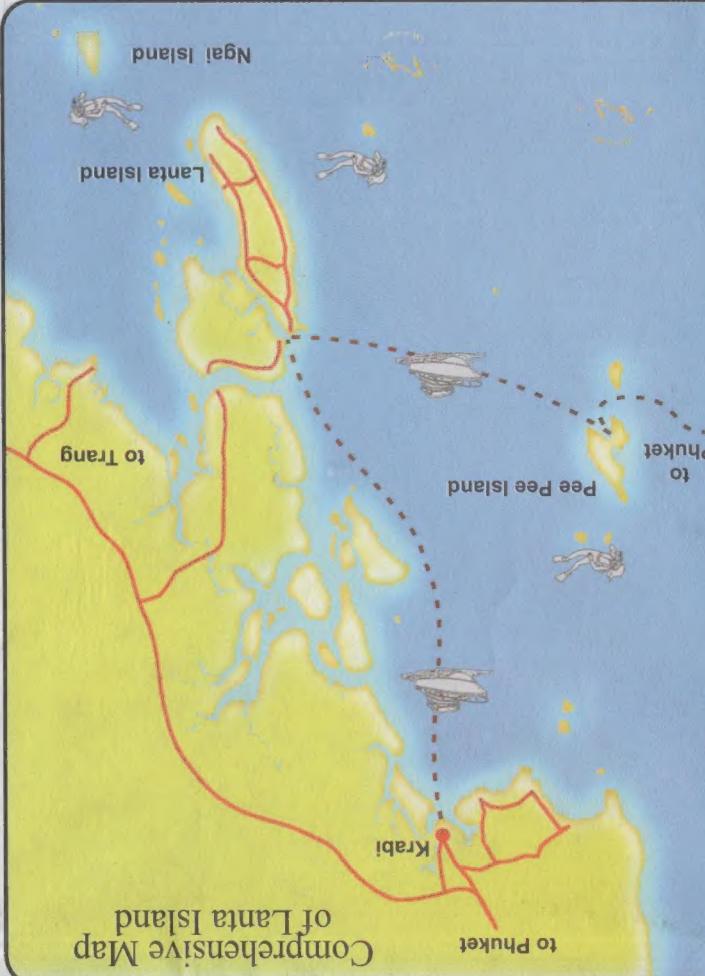




**Island-Network Koh Lanta**  
was founded in 1999 and provides the most comprehensive information about Lanta island on the internet at [www.lanta.de](http://www.lanta.de). Besides, Island-Network Koh Lanta publishes a map of Lanta island, that is distributed free to visitors and contains ads of local enterprises.

Please  
Keep  
Lanta  
Clean!

**Think twice before throwing "it" into the sea !**  
Think twice before you toss any waste into the sea because the environment belongs to all of us, and our children, too. Did you know that it takes 2-5 months until paper disintegrates in water? And orange and banana peels stay there up to 6 months. Cigarette filters remain for 12 years, plastic bags up to 20 years and aluminium cans need more than 100 years to disintegrate. Glass bottles and foam products are in fact indestructible and remain a permanent threat to the underwater world. Besides foam, plastic bags are seen as possible food and lead to slow and painful death of several creatures, especially turtles.



**Do you need transportation from Phuket, Krabi or Trang Airport to Lanta Island? Do you prefer to have your return trip pre-arranged?**

**Please contact South Nature Travel for transfer services in the South of Thailand.**

South Nature Travel Co., Ltd.  
P.O Box 267  
Phuket 83000  
Thailand  
Tel: 076 / 234201  
Fax: 66 76 / 234201  
E-Mail [southntr@oxinfo.co.th](mailto:southntr@oxinfo.co.th)



Other services include our "Off-the-Beaten-Track" programmes for individual travellers, that can be tailored to your request. They are accompanied by experienced guides and introduce visitors to the culture, landscapes and the unique nature of the numerous National Parks of the South.